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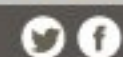
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metroLIFE

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Where are the women?

PUBLIC WORKS

Little done to name buildings after historic female figures

The federal government has a list of 29 prominent Canadian women it thinks deserve to have buildings named in their honour, but very little has been done with it.

Status of Women prepared the list of historic female figures more than four years ago for Rona Ambrose, who at that time was the public works minister for the previous Conservative government.

The list includes women's rights activist Nellie McClung, former Supreme Court justice Bertha Wilson, former governor general Jeanne Sauvé and novelist Gabrielle Roy.

Nicolas Boucher, a spokesman for Public Services and Procurement Canada, said the government is still thinking about what to do with it.

"This list remains available for possible future use," Boucher wrote in an emailed statement.

One of the names on the list — nurse Jeanne Mance — had already been used for a Health Canada building in Ottawa, but

Status of Women included her anyway.

The statement also noted that selecting a name is not as simple as seeing who is available from a preapproved list.

"The Government of Canada names its structures to commemorate Canada's history. The names chosen also often have a link to the building or structure, or the work performed there," Boucher wrote.

Boucher confirmed the Conservative government named 13 federal buildings between the time the list was provided in March 2012 and the federal election last year.

Two of those buildings were named after women.

Neither of those names were on the list prepared for Ambrose.

Most of the other buildings christened during that time gave the honour to men, including the James Michael Flaherty Building in downtown Ottawa, after the late federal finance minister.

The Valour Building, also in Ottawa, was renamed to commemorate the Canadian mission in Afghanistan and not for any particular person.

The new Liberal government is expected to unveil its first federal building name on Thursday, but the women are going to have to wait a little longer.

THE CANADIAN PRESS



A victim, whose name is behind a publication ban, in Ottawa on Wednesday.

JUSTIN TANG/FOR METRO

RISING UP

Sexual assault survivors shine light on flaws in justice system

metroNEWS



Dan Boeckner's latest band Operators will headline the Arboretum Festival this Saturday. CONTRIBUTED

Musician channels 'spirit' of Handsome Furs into new band

BACKSTAGE PASS

Operators' Dan Boeckner talks post-punk project



Trevor Greenway
Metro | Ottawa

The first thing Dan Boeckner did after touring with his new band Operators was throw out all the music they had recorded together just months before hitting the road.

Every hour of writing, rehearsing, tracking, mastering turned back to zero. A new crisp canvas for the electro-indie post punk trio from Montreal to splatter with sonic ideas.

It wasn't like the band didn't like what they had recorded, it's just that spending months on the road had brought them closer together — tighter, into a woven spool of auditory freedom and chaotic conscience, bound by only the edges of whatever venue they were playing on any given night.

In Boeckner's words, the band took on a life of its own in the dank bars and massive clubs throughout Europe, one teeming with brooding live energy, deafening disorder and organized chaos — brilliantly arranged melodic disarray.

"At the time (of recording the record) I think those songs were really indicative of where the band was at, it was a lot more electronic and it was a lot cleaner sounding, it was very austere," says Boeckner (Handsome Furs, Devine Fits, Wolf

Parade), ahead of this Saturday's headlining show at Arboretum Music Festival. The band hit the road in 2014 with Future Islands shortly after laying down tracks for what would later be scrapped for Operators' first record *Blue Wave*. It was this time on tour that turned the sharp, polished electro band into a dirty

was a little trippier and a little more distorted and aggressive," says Boeckner, adding that it's quite typical for a band's sound to change after spending months on a dirty tour bus together. But for Operators, it was almost like a new, old band had been born, one curious enough to venture into the electronic unknown,



By the time we were done all of that, we had a ton of new songs and the sound of the band had really changed. Dan Boeckner

synth post-punk live group out to crush it every night.

"By the time we were done all of that, we had a ton of new songs and the sound of the band had really changed. I realized that we had become more live, sort of kinetic and everything

but grounded enough to revisit ideas of the past — all the way back to Boeckner's pre-Wolf Parade days.

"When we were getting ready to release (the record), I felt like it didn't represent how good I thought the band had become

and we decided to scrap it and go in and record pretty much all new material," he says. The band live was nothing like Operators had been in the studio. Distortion dirtied the cleanliness, heavier beats replaced the calculated blips and bleeps and jarring, shadowy scores that scare spoilt the once-clean, smooth synth patterns.

The band decamped to an 1850s-vintage barn in southern Ontario with producer Graham Walsh (METZ, Alvays, Viet Cong) and recorded 10 tracks for *Blue Wave* after the tour. And what came out of the soundboard was a beast of electro post-punk dotted with echoes of Joy Division and New Order and Boeckner's signature haunting vocals that spill chills over electronics genius Devojka's robotic, neurotic beats.

Blue Wave has Handsome

Furs written all over it. The album is almost an extension of the band he started a decade ago, with its signature post-punk pacing, aggressive live presence and wistful, eerie vocals. Boeckner admits there was a lot of unfinished business with the Furs.

"I kind of spent 10 years learning how to make that music — how to program synthesizers and I think you can hear it in the progression of the Handsome Furs records," says Boeckner.

"That's a huge component of my musical life that I didn't want to abandon. I tried to take the spirit of it and turn it into a new band."

That spirit is the driving force behind Operators, and they'll be cruising full tilt Saturday night at Arboretum, alongside New York's Mykki Blanco and Junglussy — a new level of crazy for the forward-thinking fest.



Residents can now take out and return new seeds from the Ottawa Public Library. ISTOCK

Library offers some seeds with your books

FOOD SECURITY

Partnership with Just Food allows for fresh lending



Haley Ritchie
Metro | Ottawa

Local libraries are a great place to borrow books about gardening — but starting this year, Ottawa residents can also borrow the seeds to grow the garden.

Last spring, the Ottawa Public Library partnered with Just Food to create the city's first "seed library" for gardeners and people who want to learn more about growing food.

"People take the seeds out of the library during work-

shops," explained Jordan Bouchard, a Just Food co-ordinator and organizer of the program.

"At the end of the season they bring back — ideally — twice the seeds that they borrowed if they're successful, in order to cover for people who aren't successful. We bring that back in and label it with who grew it and what year it's from."

"The seeds add up super quick," he said. "The next year we can give those back out again."

Seed saving and seed banks have a long history in the region. Bouchard said historically growers would "save the best and eat the rest." The result was a natural process of careful breeding that meant plants were stronger, disease-resistant and custom tailored to their region.

The Just Food program brings that idea back to local gardeners.

"All of our seeds are from local seed growers, so the seeds we have are already more adapted to this region than your average seed would be," said Bouchard.

"You're getting the learning experience and the seeds for free."

All the seeds supplied for the first year of the program came from a local supplier,

back. That means at least 40 people tried it, and if we have a near 50 per cent rate in the first year I think that's pretty good," he said.

Alison Blackburn, the library's co-ordinator of program development, is at least one person who had success growing radishes and cilantro and plans to return the seeds this fall.

She said the program was a perfect fit for the library's larger "food literacy" pro-

nancial literacy, but food literacy is so key and fundamental. Food is the common thread that links us: everyone eats."

The library is partnering with Just Food, Ottawa Public Health, Market Mobile and the Ottawa Writer's Festival for projects like the seed library, community gardening workshops to foodie lectures.

Right now the seed library is only operating out of the Centrepointhe library branch in Nepean, but it hopes to expand to other locations next year.

To get involved in the seed library program, Bouchard and Blackburn recommend getting in touch via justfood.ca and biblioottawalibrary.ca.

While the growing season is now winding down, the program is still looking for seed donations and volunteers.

“You’re getting the learning experience and the seeds for free. Jordan Bouchard

Greta's Organic Gardens, and were specially picked to make sure they were easy for beginners to grow.

"We'll see who brings back seeds, but I'd be happy if even 15 people brought some

gramming, funded with a grant from the Ontario Libraries Capacity Fund.

"We have a lot of literacies that we work on in the library," said Blackburn. "There's digital literacy, fi-

MEET SOME VEGGIES IN THE PROGRAM



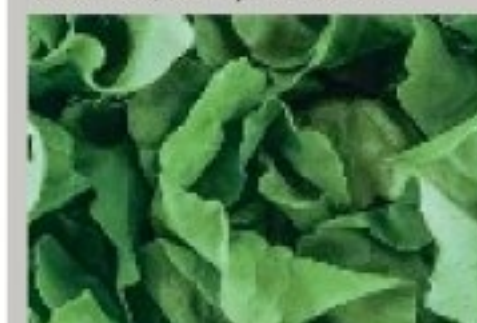
ORCA BEANS

Orca beans, also known as calypso beans, are named after their delightfully bold black-and-white pattern. They grow in a small bush and take around 80 days to mature to dry beans. They're high in fibre and iron and can be used like other dried beans in stews, chilies, salads and soups.



RADISHES

Radishes are among the easiest and fastest vegetables to grow, making them satisfying for beginners and kids. They're generally planted in early spring and require full sunlight and take around 22 days to harvest. They make a crunchy addition to salads, stirfrys or tacos.



LETTUCE

A huge variety of lettuce can be grown in backyard gardens and while the stem and seeds are edible, its main use is for salads. Growing lettuce in your backyard is tastier and higher in vitamins than store-bought. Different types grow at different rates but most take 45 to 55 days to mature.



CORIANDER

Coriander, or cilantro, is a popular herb used around the world. It's also a fast and easy plant to grow, maturing in three to four weeks. The aromatic leaves can be used as a garnish and seeds (coriander) can be used as a spice or saved to plant again next year.



Comedian Jessica Holmes will host the Ottawa Little Theatre's annual fundraiser this Friday.
COURTESY OTTAWA LITTLE THEATRE

Comedians return to roots for benefit

STAND-UP COMEDY

Air Farce vets spent time on Ottawa Little Theatre stage



Emma Jackson
Metro | Ottawa

The Ottawa Little Theatre family will welcome back two of its funniest prodigal daughters this Friday as part of its annual fundraiser.

Royal Canadian Air Farce veterans Luba Goy and Jessica Holmes both spent time on the theatre's stage as up-and-coming actresses before moving on to national careers in theatre, comedy and on CBC.

On Friday, Holmes will host the benefit show and both women will delight audiences with some stand-up and a Q-and-A session.

Holmes said it was a "no-

brainer" to return to her hometown to host the show.

"When you have a place like this, not only are they putting on more shows and great shows, but its also giving an artistic opportunity to everyone who gets to get involved," Holmes said.

"You had me at community theatre."

Holmes went to Canterbury High School, where she and her classmates regarded Ottawa Little Theatre actors as "just the coolest."

In 1992, she performed in the theatre's production of Enter Laughing — and was so nervous she skipped right over her big kissing scene.

That didn't hurt her career too much, as she went on to host her own show for a year and then joined the Air Farce team.

While she's made a go of a professional career, Holmes said the Little Theatre is particularly important for people who aren't crazy enough to pursue acting full time.

"You can be a person who gets a day job and then also happens to be an actor on the evenings and weekends," she said.

Goy seconded community theatre's special place in the entertainment world.

"Those are the training

grounds for would-be actors or people who have got great voices," Goy said.

The stand-up comedy event begins at 8 p.m. on Friday, and hopes to raise \$10,000 toward the non-profit organization.

Tickets are \$35 in advance or \$40 at the door. The theatre is located at 400 King Edward Ave.



Those are the training grounds for would-be actors or people who have got great voices.

Luba Goy

INFRASTRUCTURE

Underground truck tunnel in downtown feasible: Study



Joe Lofaro
Metro | Ottawa

It would cost up to \$2 billion to build a tunnel under Ottawa's downtown core to ease interprovincial truck congestion, according to results from a feasibility study released Wednesday.

The \$750,000 study, which was funded by the City of Ottawa and the provincial government, concluded the 3.4-kilometre tunnel is "technically possible," but it would have to accommodate both cars and trucks.

The tunnel would run below Sandy Hill and Lowertown and have two lanes in each direction from the Macdonald-Cartier bridge to Hwy. 417 at the Vanier Parkway and Riverside Drive.

"The forecasted traffic demand that would use this route is too small to justify an investment in a truck-only tunnel.

25,000

The study projects the downtown Ottawa tunnel would divert between 20,000 and 25,000 cars and trucks per day.

Thirty-five per cent of truck traffic currently using downtown streets would not use the tunnel because they need to make local on-street deliveries or pick-ups," the city said in a news release.

"Furthermore, any trucks transporting dangerous goods would be prohibited from the tunnel due to safety concerns."

The study projects the tunnel would divert between 20,000 and 25,000 cars and trucks per day.

The tunnel, which has been up for debate for years, is the "missing link" in the city's downtown infrastructure, according to Coun. Mathieu

Fleury, whose ward would be affected by the proposed project.

"It would make a huge difference in the liveability on downtown streets, for King Edward, Rideau and Waller. It could really redefine what King Edward looks like," he said Wednesday.

Large, interprovincial trucks navigating tight city streets have been flagged as a safety concern after incidents involving pedestrians getting injured or killed by vehicles at intersections like Rideau and Waller. The tunnel is seen as solution to making downtown streets less dangerous for pedestrians and cyclists.

"It brings so much opportunity, including the safety component, which shouldn't be underplayed," said Fleury.

"One of the issues that keeps me up at night is that, for safety reasons. Having those ongoing interprovincial trucks going through downtown ... we've had incidents over the years there and that, to me, needs to stop."

The city noted in a news release it is releasing the study online "well in advance" of the transportation committee meeting on Sept. 7 so that residents can see and read it.



The forecasted traffic demand that would use this route is too small to justify an investment in a truck-only tunnel. City news release

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Officer pleads guilty after failing to appear

DISCIPLINARY HEARING

Prosecution, defence make submission to dock his pay



Joe Lofaro
Metro | Ottawa

An Ottawa police officer who repeatedly ignored emails, voice mails, memos and even subpoenas reminding him to show up to court pleaded guilty to discreditable conduct at a discipline hearing on Wednesday.

Const. Min Soe Myo, who will be celebrating his 13th year as an officer next month, was first served with a subpoena via email on July 20, 2015 to testify as a witness

at a kidnapping trial, but he didn't open or respond to the notice, according to an agreed statement of facts.

The court proceeding had to be rescheduled six months later while the accused was on bail pending the new court date on Jan. 25, 2016.

Const. Myo was reminded three times to attend court — once in person with a subpoena from his supervisor on

Oct. 12, 2015, again on Jan. 21, 2016 by voice mail from a detective, and once more on Jan. 22 by email which contained a witness subpoena from the same detective, according to the agreed statement of facts.

But he didn't show up. Ontario Court Justice Mitchell Hoffman issued a witness warrant for Myo's arrest and after the constable learned about the

warrant at 2:15 p.m. that day, he finally appeared before the judge.

The following day, Police Chief Charles Bordeleau initiated a chief's complaint and a sergeant sent a note to Myo on March 9 to address the complaint. He didn't reply.

The officer eventually responded on May 10 after being notified by his supervisor.

On Wednesday, he entered a guilty plea to discreditable conduct under the Police Services Act.

Myo has never been disciplined and co-operated fully with the Professional Standards Section investigation, according to the agreed statement of facts.

The prosecution and defence entered a joint submission to dock four days' pay as a penalty.



Syrian refugee children play with playdough during a playgroup organized by Ottawa Community Health Centres to provide early childhood education development services on March 9. JUSTIN TANG/THE CANADIAN PRESS

REFUGEES

Charity sees increase in need for school supplies



Haley Ritchie
Metro | Ottawa

An Ottawa charity is struggling to find enough back-to-school supplies for Syrian refugee children.

Caring and Sharing Exchange executive director Cindy Smith said the need in the city has jumped 33 per cent this year. The organization is worried about the 850 kids still on the waitlist for new supplies like duotangs, pencil crayons and geometry sets.

"We were looking at some of our agencies that refer clients and one in particular went from referring 63 children to 300 children," said Smith. "They said 93 per cent of who they referred are Syrian newcomers. So we think that's really the reason for the jump."

The organization co-ordinates

the supply drive across the city and is asking for monetary donations to be made on their website caringandsharing.ca. They also accept material donations at several drop-off points at city libraries.

"Back to school is very exciting for some kids, but for others it's kind of daunting," said Smith.

Before school begins, parents are given a long list of supplies to purchase, which can be stressful for families working on fixed budgets.

For families new to Canada who are already dealing with language barriers and culture shock, the cost of new material is another challenge.

"Hopefully we can make it a bit easier for them," said Smith. "We want them to go to school with their heads held high and feel like they fit in and be ready to learn."

IN BRIEF

Man charged with cruelty to animals

Police have charged an eastern Ontario man after he allegedly kicked and threw rocks at a visually impaired woman's service dog.

Const. Tylor Copeland

says the dog didn't suffer any lasting injuries.

Ricky Sabourin, 46, of North Glengarry Township, has been charged with cruelty to animals, assault with a weapon and mischief.

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5 WAYS MAURIL BÉLANGER HAS LEFT BEHIND A LOCAL LEGACY

Long-time Ottawa-Vanier MP Mauril Bélanger, who died Tuesday after a nine-month battle with ALS, is being remembered nationally for his efforts to make the national anthem gender neutral. But in his home riding, community leaders are reflecting on the local legacy he's left behind from Vanier to Beacon Hill.

EMMA JACKSON METRO

1

Kettle Island bridge

From his first day as Ottawa-Vanier's Liberal candidate in 1994, Bélanger was an ally for Manor Park residents fighting the proposed interprovincial bridge over Kettle Island. Lana Burpee, who was Manor Park's community association president at the time, said Bélanger "never wavered" from his opposition to the plan to divert truck traffic from downtown into their backyards.

The NCC eventually dropped the idea in 2013 and the city has been studying a tunnel option instead.

3

Project Step

Almost as soon as the United Way's Project Step was born, Bélanger was fundraising for the youth addiction program that supported the Maison Fraternite and Dave Smith centre, said United Way president Michael Allen.

Under Bélanger's influence the addictions program grew to include in-school counselling and prevention programs for thousands of at-risk kids a year.

"He was very instrumental in the shaping of this program, the broadening of it, the fundraising of it," said Allen, who said the program looks the way it does today because of Bélanger.

Bélanger received the United Way's 2013 community builder award for his efforts.

2

CFB Rockcliffe

The redevelopment plans for CFB Rockcliffe have been called "visionary" for their emphasis on sustainable living, and much of that can be attributed to Bélanger, said Rideau-Rockcliffe Coun. Tobi Nussbaum. Bélanger pushed to make sure the mainly residential project incorporated commercial uses, so that residents could work where they live instead of commuting.

He was successful.

The city approved a community design plan for the 130-hectare mixed-use site in the fall of 2015, including large areas for commercial high-rises, plazas and village amenities.

"The original concept was not quite as ambitious," Nussbaum said.



Mauril Bélanger in the House of Commons in December 2015.
SEAN KILPATRICK/THE CANADIAN PRESS

4

Montfort Hospital

Bélanger was known as a fierce defender of francophone rights, and his work to save the Montfort Hospital was the prime example among several community leaders, including Rideau-Vanier Coun. Mathieu Fleury.

The French-speaking hospital in Bélanger's riding was unique in Ontario, but in 1997 the provincial Progressive Conservative government wanted it closed. The SOS Montfort movement rallied — Bélanger among them — and his efforts at the federal level helped save French-language medical services for the region.

5

Co-op housing

Bélanger advocated for affordable, co-operative housing models nationally, but his efforts were appreciated at home, too. "With the high level of social housing in the Overbrook area, the focus on that type of model was appreciated by people locally," said Overbrook Community Association president Rawlson King.

Bélanger became the official co-op advocate for the Liberals in 2012, and launched an all-party caucus on the issue, as well.



A sexual assault victim, whose name is behind a publication ban, in Ottawa on Wednesday.
JUSTIN TANG/FOR METRO

Survivor organizes event for victims

SEXUAL ASSAULT

'Rise Up' to highlight flaws in justice system



Joe Lofaro
Metro | Ottawa

A former Concordia University student whose sexual assault trial fell apart after her alleged abusers' charges were dropped is organizing an event this week in Ottawa to give fellow survivors a voice and a platform to shine a light on the faults in the justice system.

The woman dropped out of university after her shot at justice disappeared into thin air when the Crown introduced new information that raised doubts about her story.

She cannot be named because a publication ban that protects her identity is still in

effect. She alleged three former McGill University Redmen football players sexually assaulted her during frosh week in 2011 when she was 18. They were originally charged with sexual assault and confinement.

To this day, she said she struggles to wrap her head around how the court handled her case.

"The way I was treated by the court system was worse than the actual event itself," she said in an interview Wednesday.

"After that experience and seeing all the holes in our system and feeling hopeless, I wanted to be able to do something to take steps to change it."

Now 23, the woman calls Ottawa home and is organizing Rise Up at the Orange Art Gallery in Little Italy at 7 p.m. Friday. The event will feature guest speakers and guests, including Attorney General of Ontario Yasir Naqvi, Somerset Coun. Catherine McKenney, lawyer Blandie Samson,

"The way I was treated by the court system was worse than the actual event itself."

Identity protected

comedian DeAnne Smith and sexual assault survivor Hannah Kurchik.

Sexual assault remains a severely underreported crime in Canada. In 2009, 472,000 women reported being a victim of sexual assault, according to Statistics Canada.

The former Concordia student wants Rise Up to empower herself over a situation that left her feeling helpless and to make people comfortable talking about sexual assault.

"It's nice to feel like I can actually do something for a change," she said, "and taking it into my own hands."

IN BRIEF

Police make arrest in Mechanicsville stabbing

Ottawa police have made an arrest following a stabbing in Mechanicsville.

Police say they arrested Hamze Abdi Ahmed late Tuesday and charged him with assault with a weapon and aggravated assault.

He had been considered "armed and dangerous."

The victim, a 39-year-old man, was taken to hospital in serious condition. METRO

SERIOUS INJURIES

Police seek driver after hit and run

Ottawa police are looking for a man who seriously injured two people in a hit-and-run last weekend.

Officers were called to a serious collision on Fairgreen Avenue and Trim Road, near the Navan Fair, at 1:18 a.m. on Sunday, Aug. 14.

There they found a man and a woman, both 32 years old, who had been struck by a vehicle. They were taken to hospital with serious injuries.

Police say the vehicle was a dark coloured Dodge Ram or Ford F-Series type of truck with a loud sounding exhaust, with possible front-end damage to the driver's side headlight area.

Police are trying to contact two women who were beside the vehicle just before the collision.

The suspect is described as a young tall man in his twenties, with a slim build. He was wearing a baseball cap.

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Beyond Pride: Politicians put on spot

CALGARY

Party reps in parade need to support LGBTQ rights: Lobby

Pride and politics are inseparable, at least when you consider the history of LGBTQ rights.

But over the years, Calgary Pride has been trying to untangle

the mess of political leaders marching with more pomp and circumstance in the parade than in legislature.

In 2015, Pride required parade entrants to sign a pledge to underline their participation in festivities as an ally. This year, pride has further refined their application process to ensure politicians are putting their money where their mouths are — or, in this case votes.

Applicants highlight their



It has required parties to really think of the things they need to highlight. Craig Sklenar, Pride Calgary

significant LGBTQ votes in a one-page submission and choose between a commercial application, and non-commercial — both at separate price points.

Craig Sklenar, director of government affairs with Pride Calgary said the filtration sys-

tem hasn't eliminated any parties from participating this year, and they don't do deep dives on an individual's political past either. But it's set up to give the board a more stringent view of an applicant's intentions.

"It's opened up the discussion and it has required parties

to really think of the things they need to highlight, which we were excited about," he said, noting this is also the first year all parties will be represented.

"We've seen even the Progressive Conservative party moving towards that direction; it may not be fast enough for some, but they're taking steps in their viewpoints to try and be more inclusive politically."

Michael Connolly, MLA for Calgary-Hawkwood, is one of

Alberta's first LGBTQ identified members of legislature. He said politicians in Alberta have come a long way in the past five years.

"LGBTQ rights are a lot more on people's minds and if a different party comes into power they're more likely to support LGBTQ rights," Connolly said. "Pride should remain political because we don't have equity, to a certain extent."

THE CANADIAN PRESS

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Indigenous Affairs Minister Carolyn Bennett. THE CANADIAN PRESS

INDIGENOUS AFFAIRS

Feds want to settle on the '60s Scoop

The federal government wants to settle lawsuits over the '60s Scoop, Indigenous Affairs Minister Carolyn Bennett said Wednesday.

Bennett said she wants to resolve legal cases over the scoop, which saw thousands of aboriginal children taken from their homes by child-welfare services and placed with non-aboriginal families between the 1960s and 1980s.

"We, as you know — as a government — would like to get things out of court and to a table where we can make those kinds of agreements together, as a way forward," Bennett told reporters in Winnipeg.

Bennett made the comments one day after issuing a formal

apology and \$33.6 million in compensation to the Sayisi Dene of northern Manitoba for a forced relocation in 1956 that led to poverty and despair.

There are a number of lawsuits over the '60s Scoop, including a class-action lawsuit in Saskatchewan, and another in Ontario has been before the courts since 2009 and seeks \$85,000 for each affected person.

Five indigenous leaders wrote an open letter Tuesday to Prime Minister Justin Trudeau urging him to apologize for the '60s Scoop and settle the Ontario lawsuit. The former Conservative government tried to overturn the decision to certify the class-action suit, but lost its appeal in 2014.

THE CANADIAN PRESS

STUDY

More distrust of education among indigenous people

A study suggests the legacy of residential schools has left some indigenous people wary and fearful of Canada's education system.

Published in this month's issue of the *Canadian Review of Sociology*, it suggests that distrust leads parents to be less engaged with teachers and could hurt children's education.

It is based on interviews with dozens of educators and parents from southern Ontario. The majority were indigenous.

Researcher Emily Milne, assistant professor of sociology at Mac-

Ewan University in Edmonton, said virtually every indigenous participant was touched in some way by the residential school experience.

Milne said Canada is starting to address the issue. Many provinces — including Alberta, Ontario and Manitoba — are moving to incorporate indigenous curriculum into the classroom starting in elementary school.

"Schools play an important role in rebuilding that trust and in reconciliation," she said.

THE CANADIAN PRESS



Dual citizens will soon be allowed to fly into the country only if they have a Canadian passport. DREAMSTIME/TORSTAR NEWS SERVICE

Dual citizens see passport rules change

AIR TRAVEL

New policy will come into effect Sept. 30

Canadian citizens with dual citizenships will soon be allowed to fly into the country only if they have a Canadian passport.

The policy will come into effect Sept. 30 as a final phase of Canada's move to an electronic screening system to step up border security and boost exit control of travellers, including Canadians on government benefits.

The upcoming requirement has caught many by surprise calling the practice "discriminatory" against dual citizens and a money grab, and is expected to create havoc as travellers with dual Canadian citizenships may find out only at the last minute when trying to board on a flight.

"What is changing is that the Government of Canada is implementing a new electronic system to assist airlines in verifying that all travellers have the appropriate documents to travel to or transit through Canada by air," Immigration, Refugees and Citizenship Canada spokeswoman Lindsay Wemp told Torstar.

"Air carriers are obligated by law to confirm that all persons seeking to travel to Canada carry both proof of citizenship and proof of identity. A valid Canadian passport satisfies

+ CITIZENSHIPS

According to the 2011 Census, at least 2.9 per cent of Canadians — about 944,700 people — had multiple citizenships; the most frequently reported other citizenships were the United States, the United Kingdom, France and Poland.

these requirements for Canadian citizens, and is the only acceptable travel document for the purpose of air travel."

Currently, Canadian citizens with dual citizenships can use the passport of the other country to enter Canada by air if they can provide proofs of residency in Canada, such as a driver's licence and Canadian citizenship card.

Ottawa rolled out the electronic travel authorization, or eTA, system last year, requiring air passengers — including all applicants for study and work permits, as well as those from countries that currently do not require a visa to come to Canada — to pay a \$7 fee and submit their biographic, passport and other personal information through the immigration department website for prescreening or face being denied entry — with a \$7 processing fee. American citizens are exempted.

TORSTAR NEWS SERVICE

SECURITY

Goodale urges talks on police access to passwords

Canadians need to think about how far police should be allowed to go in accessing their electronic devices and communications, the federal public safety minister says.

A federal review of cybersecurity will provide a chance to discuss a proposal from Canada's police chiefs for a new law that would compel people to hand over passwords with a judge's consent, Ralph Goodale said Wednesday.

The Canadian Association of

Chiefs of Police says the measure is needed to fight criminals in cyberspace who increasingly use tools to hide their identities and communications.

In the United States, there are literally thousands of smartphones and other digital devices "sitting on shelves" because authorities can't get into them, said Terrence Cunningham, a police chief in Massachusetts and president of the International Association of Chiefs of Police.

"And we know that those de-

vices hold the answers to the questions that we need so that we can hold people accountable and prosecute some of these cases," Cunningham said during the Canadian chiefs' annual conference this week.

After a speech Wednesday to the gathering, Goodale acknowledged that smartphones contain a wealth of personal data and can reveal much more about a person than an ordinary physical search might.

But he added that while Can-

adians value their privacy, they also want police to have the necessary tools to investigate crimes.

Civil libertarians and privacy advocates cried foul when the previous Conservative government introduced legislation that would have allowed police access to Internet subscriber information — including name, address, telephone number, email address and Internet Protocol address — without a warrant.

THE CANADIAN PRESS

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THE WASHINGTON

Explorers find shipwreck in Lake Ontario



The Washington sank during a storm in 1803. ROGER L. PAWLOWSKI/THE ASSOCIATED PRESS

The second-oldest confirmed shipwreck in the Great Lakes, an American-built, Canadian-owned sloop that sank in Lake Ontario more than 200 years ago, has been found, a team of underwater explorers said Wednesday.

The three-member western New York-based team said it discovered the shipwreck earlier this summer in deep water off Oswego, in central New York. Images captured by a remotely operated vehicle confirmed it

is the Washington, which sank during a storm in 1803, team member Jim Kennard said.

"This one is very special. We don't get too many like this," said Kennard, who along with Roger Pawlowski and Roland "Chip" Stevens has found numerous wrecks in Lake Ontario and other waterways.

The sloop Washington was built on Lake Erie in Pennsylvania in 1798 and was used to transport people and goods between western New York,

Pennsylvania and Ontario. It was placed on skids and hauled by oxen teams across the Niagara Isthmus to Lake Ontario in 1802 after being sold to Canadian merchants.

The 53-foot-long ship was carrying at least five people and a cargo of merchandise, including goods from India, when it set sail from Kingston, Ontario, for its homeport of Niagara, Ontario, on Nov. 6, 1803. The vessel was caught in a fierce storm and sank. THE ASSOCIATED PRESS



NATURE WILDFIRE THREATENS CALIFORNIA A wildfire with a ferocity never seen before by veteran California firefighters raced up and down canyon hillsides Wednesday, engulfing homes and forcing thousands to flee. THE DAILY PRESS VIA THE ASSOCIATES PRESS

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French towns ban burkinis

RELIGION

Muslim women say ban is sexist as well as racist

Male officials are dictating what women can wear on French beaches — and people across a wide swath of French society say that's a good thing.

Decrees issued by several mayors this month ban the burkini swimsuit, which France's secular political class says subjugates women and is incompatible with

a country whose motto celebrates equality and freedom.

To many Muslim women, that's pure hypocrisy. They see the burkini bans as sexist, not to mention racist and a reactionary backlash to terrorism fears.

Even though it's only worn by a tiny minority, the burkini — a wetsuit-like garment that covers the torso, limbs and head — has prompted a discussion about Islam and women's bodies. At least five towns have banned them, and others are threatening to follow suit.

Prime Minister Manuel Valls says the swimsuit reflects a worldview based on "the enslavement of women."

"That is not compatible with the values of France," Valls said.

But Rim-Sarah Alouane, a religious freedom expert at the University of Toulouse, says the anti-burkini brigade is relying on outdated ideas about Islam to stigmatize France's No. 2 religion.

"What is more French than sitting on a beach in the sand? We are telling Muslims that no matter what you do ... we don't want you here," said Alouane.

THE ASSOCIATED PRESS



A Tunisian woman in a burkini at a beach near the capital of Tunis. AFP/GETTY IMAGES

Quebec politicians cautious on burkini ban

It would be difficult for Quebec to follow the lead of the French cities that have banned burkini swimsuits, the province's international relations minister said.

Christine St-Pierre said the Canadian and Quebec charters of rights and freedoms would make it "very, very difficult to ban" the body-covering swimwear.

While stating she didn't want to immerse herself in another country's debate, she acknowledged the issue is a "delicate" one.

"Do we tell women, 'stay at home, don't leave your home, stay isolated and don't go out?'" she said. "That's the question we have to ask." THE CANADIAN PRESS



A tourist suspended above the water from zip lines makes his way at speeds of up to 65 km/h toward the mist of the Horseshoe Falls, on the Ontario side of Niagara Falls. WILDPLOY LTD/THE ASSOCIATED PRESS

Niagara Falls adds zip lines to lure teenagers

TOURISM

Natural attractions cashing in on popular rides

Niagara Falls is the latest natural wonder to add a zip line, offering honeymooners and everyone else the chance to take an adrenaline-pumping plunge toward churning mist.

The elevated cable rides have evolved from a novel way to explore jungle canopies to almost necessary additions to lure tourists in the 21st century to estab-

lished destinations. It's a trend that's exposed a rift between those who approach nature like contemplative monks and others who require an extreme, Indiana Jones-style experience.

"We can't make these into museums. We have to keep the general public — the folks that these places have been set aside for — we have to keep them motivated to get out there," argued Tom Benson, co-founder and chief experience officer at Wild-Play Element Parks, which built the Niagara Falls zip line.

"How do you take a teenager and get them away from a game console to something that is going to capture their imagina-

tion?" he asked.

The booming popularity of commercial zip lines over the past five years — there are at least 200 in the United States alone — means more people are experiencing nature in a way that would make Thoreau dizzy.

They can ride above the tree line at New River Gorge in West Virginia, over California's Catalina Island, above lush Hawaiian landscapes and in view of Denali in Alaska.

At Niagara Falls, Benson said his four lines angling 2,200 feet along the Canadian side of the gorge were designed to be sensitive to the local environment.

THE ASSOCIATED PRESS

+ HOLD TIGHT

Zip lines elsewhere around the world:

Mexico's Copper Canyon zip line ride runs for more than 2.4 kilometres.

Nepal's zip line has a drop of about 600 metres.

Sun City, South Africa, has a zip line that boasts top speeds of about 160 kilometres per hour.

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CREDIT UNION

Meridian taking on big banks with digital-only services

Ontario's largest credit union could soon be the biggest financial technology disruptor Canada's Big Five banks face, as it seeks to launch a federally chartered bank that will offer full digital-only financial services across the country.

"I really do think Canadians are hungry for something different," said Meridian CEO Bill Maurin.

Meridian has seized upon new technology that enables it to offer an array of services

without opening branches. The bank's lack of physical branches across the country means lower overhead costs and will help it offer the same low-cost structure Meridian offers its credit union members.

"In the past, when distribution was primarily through retail branches trying to compete directly against the large five was more challenging," Maurin said.

Meridian credit union was created in 2005 and has

270,000 members. It won't open any physical bank branches but will continue to operate its 81 credit union outlets in Ontario.

Its new bank plans to offer retail banking services such as personal chequing and savings accounts and loans, including mortgages, when it expects to open in the second half of 2018. It will later add wealth management and corporate banking services.

TORSTAR NEWS SERVICE

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CHANTAL HÉBERT ON A DEPARTED PARLIAMENTARIAN



The late Mauril Bélanger earned his place in history as one of a long line of political champions of Ontario's francophone community. It is a role that has long come with the job of representing the Ottawa-Vanier riding.

All Canadians will remember Liberal MP Mauril Bélanger, who passed away Tuesday at 61, for his grace under the cruel duress of ALS. In recent months many will also have come to know of his deathbed wish to make the English version of "O Canada" gender-neutral.

But most of Bélanger's battles were fought on a different language front. He earned his place in Ontario history as one of a long line of political champions of the province's francophone community.

It is a role that has long come with the job of representing Ottawa-Vanier in Parliament and at Queen's Park. Few ridings are more closely associated with the long-standing struggle of Ontario's francophone community to maintain its place on the province's map.

In 1916, it was the site of a memorable standoff between French-language parents and the Ontario government. In protest against regulation 17 — which limited French-language instruction to the first two years of elementary school — the mothers and grandmothers of the students of École Guigues in Ottawa's lower town set up a human chain to protect its classrooms from police interference.

When the authorities showed up, the women famously fought back with hatpins and sewing scissors. Among others, one of Toron-

to's French-language elementary schools — École Jeanne-Lajoie — is named in honour of a teacher who opened a then-illegal French school after losing her job for teaching francophone students in their mother tongue.

Not all the battles for

was happy about it. A number of Ontario municipalities declared themselves English-only, even if the act did not apply to them.

Jean-Robert Gauthier represented Ottawa-Vanier in Parliament for 20 years as of 1974. The Liberal MP fought relent-

run their own schools.

Bélanger earned his stripes on the front line of the fight to overturn a 1997 provincial decision to shut down Montfort hospital — Canada's only French-language university teaching hospital west of Quebec. Five years and two pro-Montfort court victories later, Tony Clement, as the then-Ontario health minister, waved the white flag on behalf of the Conservative government.

Today no one questions Montfort's existence. There is a tentative plan afoot to create a French-language university in Ontario. Earlier this year premier Kathleen Wynne offered the province's francophone community an official apology for regulation 17. But Bélanger would not have considered his work done.

He would have liked Ottawa — Canada's capital — to declare itself officially bilingual. Had he not lost his health he would have had a chat with Justice Minister Jody Wilson-Raybould about her contention that a Supreme Court judge can be considered functionally bilingual even if he or she can't hold a conversation in French.

Ottawa-Vanier is no longer home to as tightly knit a francophone community as it was a few decades ago. The proportion of French-speaking voters who call it home has declined. But it remains an iconic riding for the Franco-Ontarian minority. It is also one of the safest Liberal ridings in the country. There will be no lack of contenders to fill the seat. Bélanger would not wish for a faint-hearted successor.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.



LANGUAGE WARRIOR Prime Minister Justin Trudeau signs a book of condolence for Liberal MP Mauril Bélanger, who died Tuesday. Bélanger served as MP for Ottawa-Vanier since 1995. *CP*

French-language rights in Ontario go back a century.

Liberal MPP Albert Roy who represented Ottawa-Vanier (then known as Ottawa East) at Queen's Park in the 1970s brought in a private member's bill that would have bound the province to offer services in French. The bill failed but a decade later it served as a foundation for Ontario's first French-language services act. Roy also fought for the right of French-speaking defendants to be tried in their language.

It was Bernard Grandmaître, Roy's Liberal successor as MPP, who oversaw the introduction in the late '80s of the act that guarantees provincial services in French in designated areas of the province. Not everyone

lessly to have French's historic place in Ontario recognized, once even taking up rhetorical arms against prime minister Pierre Trudeau.

Gauthier did not support the 1982 patriation of the Constitution because it did not include the recognition of French as an official language of Ontario, on par with English. But he did have input on the wording of the section of the Charter of Rights and Freedoms that deals with minority education rights. Shortly after it came into effect, the Ontario Court of Appeal ruled that the English-speaking minority in Quebec and its French-speaking counterparts across Canada had the constitutional right, per the new charter, to

ROSEMARY WESTWOOD

A broken justice system leaves us judging the judges

It's been a bad week for Terry Semenuk.

The Alberta Judge is presiding over a horrific case of gang rape, where a 17-year-old girl was kidnapped from a bus stop in 2014 and raped repeatedly over eight hours by two brothers, who have pleaded guilty.

But that's his job. What's been especially bad for Semenuk is the way he's handled perhaps the most validating part of the criminal justice system for victims who find a way to come forward, and who win a conviction: the victim impact statement.

In what appears to be an entirely inexplicable move, Semenuk not only denied a request for the young woman's victim impact statement to be read aloud in court by the Crown — he then barred the media from obtaining it.

If Semenuk has good reason for either ruling, he's failed to offer it. A Crown reading the statement might contravene the Criminal Code, and it might conflict with a publication ban on the victim's identity, he's reportedly said.

Neither, according to legal observers, make any sense. Victim impact statements are routinely read by Crown attorneys in Toronto, and the public and media are routinely given access to victims' identities and then expected to follow any publication ban.

Unfortunately for Semenuk, judges of sexual assault trials are under unprecedented

scrutiny these days. Thanks to Justice Robin Camp, who in 2014 asked a rape complainant "Why couldn't you just keep your knees together?" we know how ignorant our bench can be. Thanks to a two-year, Ghomeshi-fuelled national conversation, we know how flippantly our justice system treats sexual assault. That's not a matter of opinion: Research shows about 0.5 per cent of sexual assaults make it to court. And unfortunately for judges, they often become the faces of the whole sorry, sloppy, ineffective mess. Because so much of what's wrong with the system lies buried in police reports we never see and cases we never hear about, judges are the visible tip of the sickened iceberg.

In the wake of the Stanford rape case, it's hard to believe Semenuk would be unaware of the power and dignity offered to victims when these statements are publicized. Perhaps he also noticed how much attention they can draw to a judge and his decisions.

Or perhaps he's genuinely ignorant of how they are, to use the words of activist Farrah Khan, "one of the few accommodations we offer survivors."

"Why can't we honour that?" she asked. Really, why couldn't Semenuk?

The answer is: We have no idea. And our judges have to do a lot better than that. When they don't, you can bet we'll be watching.

Not all the battles for French-language rights in Ontario go back a century.

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MacLennan is 'over the moon'

Rosie MacLennan, who was the flag bearer at this year's Olympic ceremony, defended her gold medal in women's trampolining on Friday. After suffering a concussion last summer, MacLennan took five months off for rehabilitation that included vestibular ocular therapy, working through her eyes to strengthen parts of her brain. She also had to first work on her heart rate by walking and biking before getting back on the trampoline. "The hardest part was being held back from something you absolutely love," the Torontonians tells Metro. DAVID RAMOS/GETTY IMAGES

OLYMPICS Q&A

Gold medallist reflects on the momentum of women in Rio

Melita Kuburas
Metro | Canada



If there was more pressure on Rosie MacLennan going into Rio, it was self-imposed.

"I guess there was some expectation and more attention, but I think the most pressure for any athlete is the internal pressure they put on themselves," the trampolinist tells Metro.

MacLennan, 27, who won Canada's only gold medal in London 2012, proved she was still best in her sport by defending her spot last Friday.

"I'm feeling over the moon," she says, reflecting on her performance. Metro asked MacLennan about Team Canada's podium run so far, sexism in the Olympic coverage, and about her own competitive spirit and training methods.

Which competitors were you keeping your eye on?

I was definitely keeping an eye on the two Chinese girls, Li Dan and He Wenna. They've been incredibly strong over the past decade. And then the girl from Belarus (Tatsiana Piatrenia) who won the first round — she's been incredibly strong as well. So I guess they were my watch list.

Canadian women have been dominating the podium. Have you noticed more confidence in our athletes, or do you think it's the result of more investment?

I don't know necessarily what caused it but I do think there is something to building momentum. So right off the bat when you have top performances, it's really inspiring and motivating for the rest of the team.

So for me, I watched the rugby girls the first three days and they were incredible. They performed a debut Olympic event and I was truly inspired by not only their performance but their attitude; their feelings of gratitude to be here and have the opportunity.

There has been much talk about sexism in the Olympic media coverage. Is this something the athletes are talking about, or that you have experienced?

I think a lot of the athletes competing are really just focused on the task at hand but it has been nice to see some of the athletes, (like) Adam van Koeverden speaking up and really defending...female athletes and the way that we're covered.

One of the things about being at the Olympics is you're actually kind of removed from the coverage. We get live feeds of the sport so a lot of the coverage is about that specifically. We're a little bit sheltered from it at this point, but it might start some discussions back home.

If Penny Oleksiak is picked to be the flag bearer, what advice would you give to her?

To her or to whoever is picked: just really take in that moment and raise the flag high and proud and just enjoy it, embrace it and take it all in.

I think it's an opportunity to be an ambassador for the team and be a spokesperson for the team in a sense; to help generate conversations about things that you're passionate about.

Some coaches have called on corporate Canada to support our athletes. You've had sponsorship success, now working with Tide as well as P&G's Thank You, Mom campaign. What's important to keep in mind when you do a campaign like this?

I think it's important to have a deeper connection. It's more than the face value of a partnership. The reason I was so excited to work with Tide (on Small but Powerful) is because of what they're trying to accomplish and it's connected to something I'm really passionate about. One of my dreams and one of my goals beyond being an athlete is encouraging and facilitating that next generation of athletes — whether it's for high performance goals or an active life, it doesn't really matter. But the Small and Powerful campaign connected with me because they are doing something about it; they are putting money where their mouth is.

What was the hardest part about suffering a concussion last year?

I think the hardest part was being held back from something you absolutely love but I think that was also the benefit of it. Because I was held back, I realized all I wanted to do was get back on the trampoline regardless of what that meant for the Olympic journey.

"I think the women on our team have shown to be incredibly strong and incredibly fierce and it's an opportunity to have that conversation and change the way women are looked at in sports."

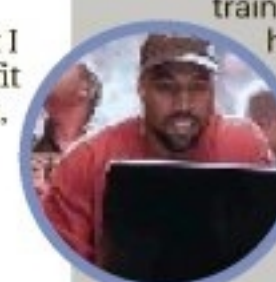
Rosie MacLennan, on sexist Olympic coverage

PREP MUSIC

Those who watched Rosie MacLennan win gold last Friday may have noticed she had her headphones in before her routine. What was she listening to?

"Before my first routine I listened to Citizen Cope, Let the Drummer Kick It, and then before my second routine I often listen to Stronger by Kanye West. The first one is more a pace — it gets me more calm; I love the song. And then Stronger I associate with training and with positive memories in training. It really helps me connect to that level," she says.

MELITA KUBURAS/
METRO



6

REVEALING QUOTES FROM THE NEW AMY SCHUMER BOOK

If you love Schumer, then you'll love *The Girl With The Lower Back Tattoo*, which extends and deepens our sense of her personality. TORSTAR NEWS SERVICE



Amy Schumer doesn't hold back in her new book. THE ASSOCIATED PRESS FILE

On having had only one one-night stand:

I'm just too pragmatic and lazy for one-night stands. I consider consequences and I don't drink like I did in college



On the demeanour of the Bloomingdale's manager who caught her and her sister shoplifting:

He was radiating smugness like someone who works at the Apple Genius Bar on the day of a product release

On calling Fayetteville, N.C. and Tampa, FL. "horrendous cities"

I'm not scared of writing that and making those people mad, because I know for a fact that no one who lives there has ever read a book

On seeing, and not recognizing, photos of herself paddle boarding in the tabloids:

Oh, cool, Alfred Hitchcock is alive and loves water sports

On her lower-back tattoo and getting trashed on social media:

There's nothing anyone can say about me that's more permanent, damaging, or hideous than the statement I have forever tattooed upon myself

On Hollywood

... it's an industry of people who judge most women almost solely on their appearance, and where every day women feel themselves barrelling toward death and decay while smaller, hotter actresses like Selena keep appearing like Russian nesting dolls



Is this Canada's next grip-lit star?

INTERVIEW

Shari Lapena's new novel thrills to the final page

Sue Carter
For Metro Canada



Imagine being accused of a crime you didn't commit. Could you defend yourself, or are there secrets in your past that might not look too savoury or be hard to explain to investigating police and probing media?

It's been the premise behind many movies and television shows, and now that horrifying scenario is at the core of Toronto author Shari Lapena's international breakout novel, *The Couple Next Door*.

The domestic thriller follows Anne and Marco Conti, a seemingly happy and well-off couple with a new baby, Cora.

When their babysitter cancels right before a dinner party at the neighbour's house, Marco convinces Anne, who is suffering from postpartum depression, to leave Cora at home with a baby monitor.

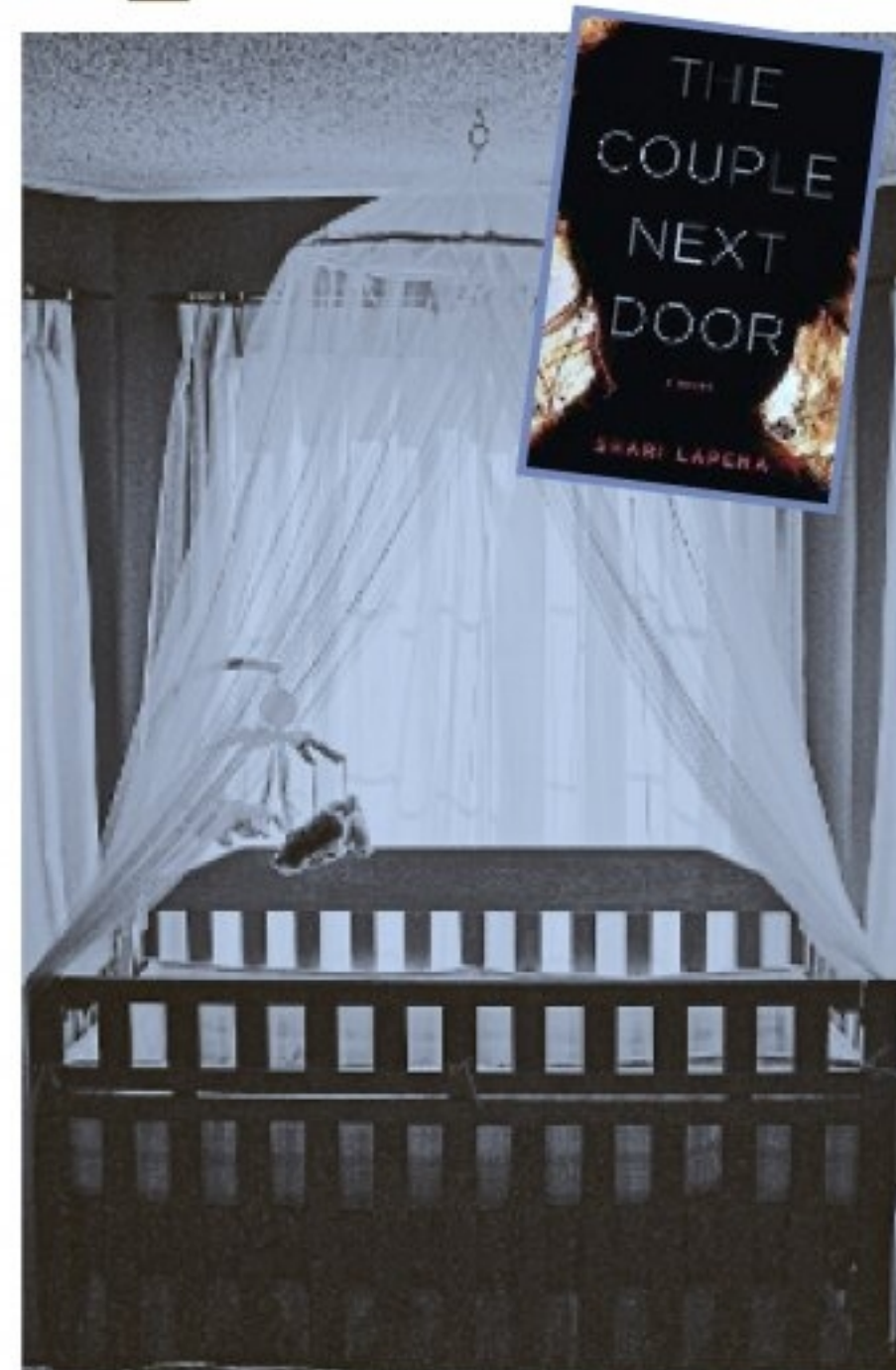
But when Cora is discovered missing from her crib, the new parents find themselves the No. 1 suspects in the crime. The story digs deep into each of their emotions, following their every move throughout the investigation, with a plot that doesn't stop surprising until literally the very last page.

On paper, Lapena doesn't come across as Canada's next big grip-lit star.

She had a lifelong dream of becoming a writer, but went into law as a "practical choice." She then became an English teacher, which suited her career aspirations much better, but 17 years ago after the birth of her child, decided to try out writing full-time. Lapena wrote two "quiet literary novels," *Things Go Flying* and *Happiness Economics*, which was shortlisted for the 2012 Stephen Leacock Medal for Humour (she lost to Patrick deWitt's *The Sisters Brothers*), but deep down had always wanted to write a thriller. "I didn't think I had it in me," she says, laughing.

"Plotting has never been my strength so I was intimidated with the idea because I know the plotting has to be airtight and perfect and full of twists."

She decided to give it a shot



When a couple's baby goes missing from her crib, they find themselves the No. 1 suspects in *The Couple Next Door*. CONTRIBUTED



I love it, I'm going to stick with the thrillers. It's so fun to do. I think I have a natural bent for it

Shari Lapena

anyway, thinking that if the manuscript didn't work out, she could always shelve the story and never show anyone.

"But the plot came along quite naturally, it was easier than I thought," Lapena says.

It's a good thing Lapena stuck to her idea: *The Couple Next Door* is a life-changer. The novel has sold in more than 20 international territories, and is already on *The Sunday Times'* bestseller list since being released in the U.K. in July. Although Lapena's novel has little in common plot-wise with other successful domestic thrillers such as Gillian Flynn's *Gone Girl* and Paula Hawkins' *The Girl on the Train*, it has found a fan base with readers who enjoy stories where evil lurks behind the

walls of nice suburban homes.

"There seems to be a lot of interest in normal settings. I don't know if people can better relate to them or find them so much more darker and twisted," says Lapena. "I love spy thrillers but most people are not spies or criminal lawyers, but they do have families and homes so they can identify with what's going on in their homes."

So now that Lapena has more than proven that she can write page-turners will she continue to write more?

"I love it, I'm going to stick with the thrillers," she says. "It's so fun to do. I think I have a natural bent for it."

Sue Carter is the editor at Quill & Quire magazine.

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The man who defended Lennon

NEW MEMOIR

Leon Wildes took on Nixon to keep ex-Beatle in the U.S.

Former Beatle John Lennon was living quietly in New York with his wife, Yoko Ono, seeking custody of Yoko's daughter by her first husband. It was 1972, the era of Watergate, a paranoid time when president Richard Nixon believed everyone on the left was out to get him. Lennon had spoken out in support of radical causes and ergo was wiretapped, followed and, finally, threatened with deportation since he wasn't a U.S. citizen. In order to fight this, Lennon and Ono hired immigration lawyer Leon Wildes, who tells the tale of his legal efforts on behalf of the couple in John Lennon vs. the U.S.A.: The Inside Story of the Most Bitterly Contested and Influential Deportation Case in United States History. He talks about his book here.

It's hard to believe that when you took on Lennon's case you'd never heard of him. The



Leon Wildes, left, with John Lennon on the steps of the Southern District Federal U.S. Courthouse in Manhattan in 1972. CONTRIBUTED

Beatles had been the most famous rock band in the world.

I grew up in a little town in Pennsylvania and we weren't very sophisticated. It was only when I came to New York that I expanded my view, but even then, I was never into that kind of music. One day, after coming back from the Lennons' apartment in Greenwich Village, I was in a taxicab and I asked the driver if he

knew who John Lennon was. He looked at me as if I was really weird. "John Lennon is the greatest musician in the world," he said. He asked me who I thought was the most famous musician in the world and I said Ludwig van Beethoven. The driver said many more millions would have heard John Lennon than Beethoven. It made me appreciative of Lennon's very special character. He didn't act like he was

one of the greatest musicians.

The list of people who were willing to come and testify on John's behalf was amazing.

I asked John and Yoko to give me a list of friends. They met Gloria Swanson in a health-food store. As a result we actually got her to testify. I didn't have to ask any one of these famous people. They simply volunteered. One of

the people who was at the hearing and was disappointed that he didn't get to testify was Jack Nicholson. Everybody knew John Lennon and everyone wanted to protest.

This really was a political rather than a legal case, an abuse of immigration law. Did anything change in the law at that time to make it easier for those seeking residence in the United States? I know 9/11 threw another kink into the works, but prior to that, did the Lennon case help?

I think that it did. In my practice we were able to help people based on what was determined in the Lennon case. President Obama worked to allow children who were brought into the U.S., illegally, under the age of 16 to get a driver's licence when they get older, admission to college and working papers, and so on. I have been writing this book for 40 years, but it was a result of the hopeful anticipation that the president would use his administrative power to help young immigrants that pushed me to finish.

TORSTAR NEWS SERVICE

BOOK BRIEF

Investigating the occult

If you want to write a cool story, all you need is one great idea. Joe Golem: Occult Detective, has at least three.

The hero is a golem, made from mud and magic. But he's also a hard-boiled detective in the pulp tradition. And he investigates occult crime in an alternative Manhattan of the 1960s, 40 years after a catastrophic flood turned it into an apocalyptic American Venice. So cool.

Even better, it comes from the mind of Hellboy creator Mike Mignola, along with novelist Christopher Golden. This is the pairing that created the freaky Baltimore novels, and the two stories in this Joe Golem book, which collects a mini series,

are just as weird. It's exciting, violent, sad and creepy, and definitely worth a read. MIKE DONACHIE/METRO



JOHANNA SCHNELLER WHAT I'M WATCHING

Green Wing sends up hospital show tropes

THE SHOW: Green Wing
THE MOMENT: The ladies room

Joanna (Pippa Haywood) is the caustic director of human resources at a British teaching hospital straight out of a Monty Python routine. Her colleague Sue (Michelle Gomez), the staff liaison officer who can't be bothered to help her staff, stands next to her.

Surveying her reflection, Joanna unbuttons an extra button on her tight blouse and rearranges her breasts. Seeing this, Sue tries to do the same. But she's wearing a high-necked white T-shirt. After moving her hands atop her shirt unsuccessfully, she simply lifts her shirt all the way up, revealing bigger breasts, which she jiggles aggressively at Joanna.

The women head for the door, openly out-sexing each other. Sue shakes out her ponytail and whips her hair. Joanna raises her skirt and shows off her garter belt. Sue takes her skirt off. They bang into each other as they exit.

This 2004 English series



Green Wing makes funny look effortless. CONTRIBUTED

recently showed up on Netflix, and it's a romp. Its scenes are more sketches than they are narrative, and it sends up every trope of hospital shows (how many times have we seen ladies' room primping played straight?). Everyone is insanely competitive. No one gives a toss about patients. They smoke like chimneys.

It's also a delight to spot the baby-faced versions of British talent we've come to love: Oliv-

ia Colman (Broadchurch) as a scattered administrator; Tamsin Greig and Stephan Mangan (Episodes) as a doctor and anesthesiologist; even John Oliver pops up in episode one as a used-car salesman.

They make funny look effortless.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP

Kevin Smith takes on Instagram troll

Director Kevin Smith is taking on an online troll who called his daughter "ugly" and "talentless" and wished her dead on Instagram.

Smith posted on Facebook the comment he says his 17-year-old daughter, Harley Quinn Smith, received after posting a picture of herself on Instagram.

Smith writes that his

daughter took the comment in stride and was "bemused by the bitterness."

He says the commenter would be better off making his "own dreams come true, instead of slamming others for doing the same."

Smith directed his daughter in Yoga Hosers, which is set for wide release next month.

THE ASSOCIATED PRESS



Harley Quinn Smith and dad Kevin Smith. After an Instagram troll called his daughter 'ugly' and 'talentless,' Smith said the commenter would be better off making his "own dreams come true instead of slamming others for doing the same."

JAMIE MCCARTHY/GETTY IMAGES

GOSSIP BRIEFS

Drake, Eminem bury hatchet in Detroit

Drake and Eminem have knocked down rumours of bad blood by appearing on stage together at Drake's show in Eminem's hometown of Detroit on Tuesday night. The rappers have been the topic of online conversation this month amid a beef between Drake and Joe Budden, who is a part of Eminem's Shady Records.

THE ASSOCIATED PRESS

Man charged with stalking Kendall Jenner

A man arrested outside model and reality television personality Kendall Jenner's Los Angeles home has pleaded not guilty to misdemeanour trespassing and stalking charges. Shavaughn McKenzie entered the plea Tuesday. He faces up to six months in jail and a \$1,000 fine if convicted of either charge.

THE ASSOCIATED PRESS

The precise back-to-school device

Marc Saltzman

Backpack? Check. Books? Yep. Smartphone? You bet.

An invaluable companion for any high school or post-secondary student, a smartphone is ideal for staying organized, productive, entertained and in touch with those who matter. But choosing one that best suits your needs and budget could be as stressful as a mid-term exam.

While there isn't a new iPhone available, the following are a few Android-powered considerations that make the grade. Be sure to check availability with your preferred carrier.

1) For the photography lover: Sony Xperia X Performance
If you've ever doubted smartphones have caught up to some standalone cameras, look no further than Sony Mobile's Xperia X Performance.



1

This slender phone packs a 23-megapixel main camera with predictive autofocus that tracks your subject and anticipates its next move to capture the moment with ultra-sharp quality. Similarly, SteadyShot video stabilization translates to smooth and shake-free 1080p HD videos. The 5-inch water-resistant device is powered by a fast Snapdragon 820 processor, and a battery that can last a couple of days. \$50 on a 2-year term.

2) For the budget-conscious: Moto G Plus

Motorola's Moto G Plus focuses on the features that matter to Canadian students. This includes a large 5.5-inch full HD display; 16-megapixel rear camera with laser focus (and a 5-megapixel front-facing "selfie" camera); and a



2

large 3,000mAh battery with a "TurboPower" quick-charging cable included.

Along with 32 gigabytes of internal storage and a removable microSD card, the Moto G Plus also includes up to two years of free storage (at original quality) via the Google Photos cloud service. \$50 on a 2-year plan.

3) For the fashionista: Samsung Galaxy S7 edge

The most premium device in this round-up, Samsung's 5.5-inch flagship phone features an all metal and glass body that's cool to the touch, plus it features smooth, curved edges on each side of the display that lets you conveniently swipe in with your thumb to access important apps and contacts. Other noteworthy



3

features of the Galaxy S7 edge: advanced optics on both the rear and front-facing cameras; a standard 78-degree lens and a 135-degree wide-angle lens — the widest available in any smartphone — to capture more landscape, taller buildings, or bigger groups of friends. \$99 on a 2-year term.

and support for accessories such as Samsung's Gear VR virtual reality headset and wireless charging docks. \$399 on a 2-year term.

4) For playful types: LG G5

LG's first "modular" smartphone lets you slide out the bottom of the metal uni-body to insert a fresh battery, camera grip with specialized buttons, and other upcoming accessories, such as a DAC (digital-to-audio converter) for high-fidelity music. Simply press a small button on the side of the G5 before



4

pulling out the base to add something new. Genius. For photographers, the 5.3-inch G5 has not one, but two, rear-facing cameras: a standard 78-degree lens and a 135-degree wide-angle lens — the widest available in any smartphone — to capture more landscape, taller buildings, or bigger groups of friends. \$99 on a 2-year term.

5) For the music freak: HTC 10

The sleek HTC 10 is the one music lovers should get as it's certified for 24-bit Hi-Res audio tracks, such as FLAC and WAV files (and support for Dolby Audio), which can be enjoyed through its integrated BoomSound Hi-Fi edition speakers, Hi-Res audio earphones (included), or a compatible sound system. The 5.2-inch phone also walks the listener through a customized Personal Au-

dio Profile, so you can hear music the way you like.

The HTC 10 also impresses in the photography department, as it's the world's first smartphone with optical image stabilization on both the front and back camera. \$349 on a 2-year term.



5

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MEET THE CONDO

Tribeca in the centre of downtown

TRIBECA



CONTRIBUTED

Project overview

Both the west and east Tribeca towers, located right in downtown Ottawa, are ready for occupants. Rising 27 storeys, the buildings are part of a three-building condo complex featuring fresh, contemporary styles. For those interested in something other than a traditional condo model, the third building offers boutique loft town-homes.

Housing amenities

The units come with countless upgrades, including glass doors in cupboards, granite or quartz countertops, hardwood floors, large windows and private balconies. With multiple plans to choose from, there are plenty of options to suite different needs and tastes. The building also includes an indoor pool, well-equipped gym and rooftop terrace.

Location and transit

Located off Metcalfe, residents will have direct access to Hwy 417 and the transit system, making it very easy to get around. It's central location near Ottawa's business district allows many residents to walk to work as well. Another key amenity is the Sobeys conveniently placed on the condo's first floor.

In the neighbourhood

Tribeca condos are surrounded by an array of restaurants, bars, clubs and shopping options. There are numerous nearby attractions to enjoy as well, such as the ByWard Market, Parliament Hill, the National Arts Centre, the National Art Gallery of Canada, and walking and biking paths along the Rideau Canal.

+ NEED TO KNOW

What: Tribeca Condominiums
Builder: Claridge Homes
Designer: Claridge Homes
Location: 40 Nepean St.
Building: Downtown condo
Size: 495 square feet to 1,405 square feet
Pricing: Starting from

\$245,000
Model: One to two bedrooms, one to 2.5 bathrooms
Status: Now selling
Occupancy: Anytime
Sales centre: 56 Nepean St.
Phone: 613-234-1780
Website: claridgehomes.com

REAL ESTATE

Brady Bunch actress turns \$55K U.S. investment into \$3.9M

Eve Plumb played the middle sister, Jan Brady, in a blended family of six children on the hit 1970s sitcom The Brady Bunch.

The 58-year-old actress is now a painter in Laguna Beach, Calif., but at the age of 11, assisted by her parents, she bought a Malibu beach house for \$55,300 U.S. It has stayed in her family ever since while the area became an increasingly tony address. She has just sold the property for \$3.9 million U.S. in an impressive profit from her original investment.

It's tiny. The flat-roofed bungalow has three bedrooms and 1.75 bathrooms in 850 square feet of space. An expansive deck wraps the exterior of the home, taking in the wide, sandy beach.

It was marketed as a teardown with expectations that someone else would build a million dollar property on the site. An earlier price point of \$4.15 million proved too rich and the property languished on the market.

Sitting at the south end of Escondido Beach, the 1950s cottage returned to market earlier this year with plans for an ultra-modern residence designed by

Meis Architects, designer of the Staples Center, among other venues. Plumb's idea was to show the potential of the lot. Drawings were available for potential purchasers.

In all, the proposed home would have three bedrooms and 2.5 bathrooms in 3,500 square feet of space. Floor to ceiling windows would fill the home with light and create an entertainment area. Plumb has already looked into construction permits.

The architects threw in lots of features that make the property

unique, including a two-story garage wrapped in perforated metal.

The view from the street would not be overwhelmed by cars in a driveway. They also imagined a retractable "moon roof" as another way to enhance the lighting inside.

Obviously the biggest selling factor is the 47 feet of beachfront. The original house is surrounded by a deck and decking is included in the new design.

So, Marcia, how does that strike you as a good investment?

TORSTAR NEWS SERVICE



Eve Plumb, who played Jan Brady on The Brady Bunch put her beach bungalow on the market with renderings for an ultra-modern residence. HANDOUT

Heat-hardy plants are the bee's knees

GARDENING

Drought-resistant plants draw pollinators

Water-wise gardens don't have to resemble sterile moonscapes, devoid of anything but layers of rock and gravel. They can feature scores of attractive drought-resistant plants that invite bees, butterflies, hummingbirds, and other pollen- and nectar-gathering species to your yard.

Xeriscaping is an important gardening approach for arid areas, said David Salman, founder and chief horticulturist for High Country Gardens in Santa Fe, New Mexico.

"But regardless of where you live, xeriscaping can be as simple as planting native and Old World plants whose water needs meet an area's normal precipitation, thus needing little if any supplemental watering once established," he said in an email.

Both perennials and annuals have a place in pollinator-supportive gardens. Sal-

man recommends annuals that naturalize themselves by re-seeding, so they are persistent in the landscape.

He also suggests using a combination of perennials that will bloom from the start of the growing season until hard frost in the fall. Those can range from trees to shrubs, herbs to succulents, grasses to ground covers.

Environmental controls also will make your yard more attractive to pollinators.

"The use of windbreaks and building-sheltered areas in windy climates is one," Salman said, a nod toward protecting wind-averse bumblebees.

"The use of mulches in dry climates is another. Using runoff water from a home's roof to water a shade tree would be still another. This saves both energy (air conditioning) and the need for supplemental irrigation."



Xeriscaping can be as simple as planting native and Old World plants whose water needs meet an area's normal precipitation,

David Salman, High Country Gardens

Succulents are popular with many gardeners in arid settings, but cacti belong to a plant order with higher durability.

"Some cacti are hummingbird attractors — those that flower bright red," said James Cane, an entomologist with the U.S. Department of Agriculture/ARS Insect Pollinating Research Unit at Utah State University. "Other succulents, like sedums, are pretty attractive to bees. But freezing temperatures can be hard on succulents."

Go easy on using weed barriers like erosion cloth when xeriscaping, Cane said.

"It's important to be judicious with it," he said. "Don't unroll the whole package and then poke holes in it — at least if you want bees and worms. It packs down and eliminates habitat for the ground-nesting bees that comprise about 85 per cent

+ WHERE TO PLANT

Start small. Understand which micro sites in your yard favour xeriscaping. Depressions in the ground that retain scarce rainwater, for example. Or dry corners of your property that with some soil amendments could be converted into efficient pollinator pockets.

of the wild bee populations in the East."

Which plants suited to sun-seared settings are most pleasing to pollinators and gardeners alike?

"Many Old World species like spring-blooming bulbs, catmints, lavender, Russian sage and European salvia are honeybee magnets," Cane said.

"Native species like goldenrod, sulfur buckwheat, milkweed and blazing star are nectar sources for native bees and butterflies," he said. "Hummingbird mint, native salvia, orange honeysuckle and beardtongue are eagerly sought by hummingbirds."

THE ASSOCIATED PRESS



Many old-world plant species, like rosemary, grow well in sun-seared settings and are pleasing to gardeners as well as pollinators. DEAN FOSDICK/THE ASSOCIATED PRESS



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Bishop posts fastest 800-metre qualifier

RIO2016

Canuck looks to upgrade on silver medal won at worlds

While all eyes were on Caster Semenya — the South African runner many crowned the women's 800-metre Olympic champion before she even got off the plane — it was Canada's Melissa Bishop who ran the fastest qualifier of the day.

Running in the fourth of eight heats, Bishop placed herself near the front of the pack and with 200 metres to go she made her move and crossed the line first, in one minute and 58.38 seconds. Semenya finished first in her heat, with the sixth fastest overall time of 1:59.31, four seconds off her best.

Bishop is the world silver medalist in this distance. The gold and bronze medallists also advanced to Thursday's semi-final races but it's Semenya — her speed and the controversy around gender-testing — that is all most track observers want to talk about.

"Well, I can't give you my plan right now, that would



Canada's Melissa Bishop, left, finished her 800-metre qualifying race on Wednesday in a time of 1:58.38. OLIVIER MORIN/AFP/GETTY IMAGES

TASTE OF GOLD
Bishop also won gold in the 800 metres at last year's Pan Am Games in Toronto.

give away all my secrets," Bishop said, after her heat when she was asked how she could beat Semenya.

"We just have to focus on what we have to do and ... not focus on anybody else."

Focusing on her race plan and not getting caught up in any

Olympic distractions is something the 27-year-old from Eganville, Ont., says she learned from her debut at the 2012 London Games.

The time between when runners first step onto the track and finally take up their start positions before the gun, can seem incredibly long. Bishop, like most of the other runners, nervously bounces around, adjusts her ponytail and mutters

to herself.

"You can literally talk yourself out of a race because the nerves are so high," Bishop said, in an interview last month, about those minutes just before the race.

"But when you cross the line and know you did really well and put everything out there, there's nothing more gratifying than that," she said. "It is so much fun." TORSTAR NEWS SERVICE



1 Spiked out — Canada's men's volleyball team lost 25-15, 25-20, 25-18 to Russia in the quarter-finals Wednesday.

2 Denied bronze — Canada just missed the podium in Olympic show jumping, losing to Germany in a jumpoff for bronze.

3 Strong takeoff — London, Ont.'s Damian Warner got off to a good start in the Olympic decathlon — he was second overall after the first three events.

4 Tee'd off — Brooke Henderson of Smiths Falls, Ont., carded a 1-under-par 70 in the opening-round of the women's golf tournament. Thailand's Ariya Jutanugarn leads at 6 under, while Alena Sharp of Hamilton sits at 1 under.

PHOTOS BY GETTY IMAGES



SOCCER

Brazil romps way to gold-medal match



Rafael Alcantara, top, and Neymar helped fire up the home crowd Wednesday.

ODD ANDERSEN/AFP/GETTY IMAGES

Maybe Neymar and his teammates can make the Olympics a success for Brazil after all.

Brazil's celebrated men's soccer team rolled to a 6-0 win over Honduras in the semifinals Wednesday to earn a spot in the gold-medal match.

Brazil started the day 16th in the medal standings, with only three golds in the first 11 days.

Empty seats have been prevalent across Rio, but not at Maracana Stadium, where they packed in to watch Neymar and Co. They didn't have to wait long,

SEMIFINALS

6	0
BRAZIL	HONDURAS

with Neymar scoring 15 seconds into the game. It was the fastest goal in men's Olympic history, and Brazil led 3-0 going into half-time to cruise into the final.

"We don't want to disappoint the fans," Brazil midfielder Renato Augusto said. "They want us

to play well and they want us to win the gold."

Neymar added a goal on a penalty kick in stoppage time, and Gabriel Jesus also scored twice for Brazil, which got off to a slow start in the tournament. But the team picked up the pace and will face Germany, which beat Nigeria 2-0 in the other semifinal. Germany's senior team trounced Brazil 7-1 in the semifinals of the World Cup in Rio two years ago.

"Hey Germany, just wait, your turn is coming up!" a fired-up fan base chanted. THE ASSOCIATED PRESS

RIO In brief

Yeats can't grapple bronze

Dorothy Yeats of Montreal fell short of capturing a medal, losing her battle for bronze in women's 69-kilogram wrestling on Wednesday.

Yeats was defeated 2-1 by Sweden's Anna Fransson.

The Canadian, who won her opening match 11-1 over Nigerian Hannah Rueben, lost 7-2 in the quarter-finals to Sara Dosho of Japan, then edged Buse Tosun of Turkey 3-2 in the repechage round. THE CANADIAN PRESS

Canadians paddle into final of 200-metre kayak double

Ryan Cochrane of Windsor, N.S., and Hugues Fournel of Montreal qualified for the final of the men's K2 200 metre.

Cochrane and Fournel were nominated to the Canadian Olympic Team just over two weeks ago after a Russian crew was suspended due to a doping infraction.

The final takes place Thursday morning.

THE CANADIAN PRESS

metro SPORTS

Conor McGregor's news conference with Nate Diaz ahead of their rematch at UFC 202 ended with the two men throwing bottles at each other

RIO 2016

Lochte's dad says robbery occurred

The father of American swimmer Ryan Lochte said Wednesday his gold medal-winning son arrived back in the United States before a Brazilian judge ordered that Lochte and U.S. teammate Jimmy Feigen stay in Brazil as authorities investigate their claim they were robbed during the Olympics.

Steve Lochte told The Associated Press by phone from his Florida home that his son called him Tuesday after arriving in the U.S. "I'm just happy he's safe," the elder Lochte said. "I don't know what all the controversy is. They were basically taken out of the taxi and robbed."

Feigen's whereabouts could not be confirmed, though he told the San Antonio Express-News he was still in Brazil. The office of Judge Keyla Blank confirmed the order to seize the passports of Lochte and Feigen in a statement Wednesday.

The U.S. Olympic Committee said police went to the athletes village Wednesday morning to try to collect the passports, but the swim team had already moved out. Lochte and three of his teammates said they were robbed at gunpoint in a taxi as they returned to the athletes village from a party, several hours after the last Olympic swimming events were held.

Police have found little evidence so far to support their accounts, and say the swimmers were unable to provide key details in police interviews.

"Why would anybody fabricate anything?" Steve Lochte said. "It's just ridiculous." A police official with knowledge of the investigation told the AP that police cannot find their taxi driver or witnesses. THE ASSOCIATED PRESS



Ryan Lochte GETTY IMAGES

Yanks can't handle Happ

MLB

Jays hold on to top spot as pitcher extends win streak to 11

Before this season, J.A. Happ had a career record of 62-61 with a 4.13 ERA. This year, he's putting up Cy Young Award numbers.

Happ won his career-best 11th consecutive decision to become the majors' first 17-game winner in 2016, pitching the Toronto Blue Jays past the New York Yankees 7-4 on Wednesday.



J.A. Happ GETTY IMAGES

"He's just turned into a better pitcher. He's more of a command guy," Toronto manager John Gibbons said. "He's got a great feel. He's doing a tremendous job."

Melvin Upton Jr. hit a three-run homer and Darwin Barney had an early two-run double for the first-place Blue Jays, who hold a slim lead over Baltimore and Boston in the AL East. Russell Martin added three hits, including an RBI single off CC Sabathia, as the Blue Jays took two of three in the series, delighting a vocal contingent of Toronto fans at Yankee Stadium.



He's just turned into a better pitcher. He's more of a command guy. He's got a great feel. He's doing a tremendous job.

Toronto manager John Gibbons on Happ

WEDNESDAY In N.Y.C.

7 4
BLUE JAYS YANKEES

Happ (17-3) pitched into the eighth inning and extended the longest active winning streak in the majors. He struck out nine, walked one and yielded solo homers to Gary Sanchez, Starlin Castro and Chase Headley. "If you can try to limit them to solos, you give yourself a chance. That's kind of what happened today," Happ said.

Signed as a free agent in the off-season to a \$36 million, three-year contract, Happ has won five straight starts. The 33-year-old lefty, who hasn't lost since June 6 at Detroit, is 3-0 in four outings against the Yankees this year.

"He's dominant," teammate Josh Donaldson said. "He's just been doing his thing. He's just been great."

Happ hides the ball well and has a sneaky fastball that he moves all around and can elevate to get strikeouts. His big season is a continuation of his success down the stretch last year, when he went 7-2 with a 1.85 ERA in 11 starts after getting traded from Seattle to Pittsburgh.

THE ASSOCIATED PRESS



Jays closer Roberto Osuna and catcher Russell Martin hug after Wednesday's win. JIM MCISAAC/GETTY IMAGES

+ BAT SPAT

Gibby, Donaldson face off

Heck, it was all over Tom Ford cologne!

"I kind of hit my bat on the dugout there, Gibby leaned over and said, what kind of cologne are you wearing," Josh Donaldson said, referring to a third inning run-in with manager John Gibbons in the Blue Jays dugout that added to Wednesday's on-field fireworks.

"It was Tom Ford, I got some and was trying it out. He got close enough to get a good whiff. I said back up... I'll give you some after the game."

Kidding aside, there was a serious side to the face off between Gibbons and Donaldson, which started after the AL MVP struck out for the second straight time and threw his bat in the dugout. A TV camera caught Gibbons going after Donaldson at the bat rack. The two got into a heated exchange with Troy

Tulowitzki and Josh Thole stepping in to separate the two. "It's no big deal," Gibbons said post game.

TORSTAR NEWS SERVICE

Josh Donaldson

GETTY IMAGES

TORONTO

SOCCER

FIFA seeking bans in match-fixing case

FIFA ethics prosecutors want a six-year ban for a former South Africa Football Association president in a long-running case of fixed friendlies played ahead of the 2010 World Cup by the host nation.

FIFA's ethics committee said Wednesday that investigators also asked for life bans to be imposed on a Zimbabwean official and a coach from Togo for bribery and corruption.

In previous verdicts, four SAFA officials were banned

for up to six years for links to fixed 2010 World Cup warm-ups where referees were appointed by Singaporean match-fixer Wilson Raj Perumal.

FIFA prosecutors have now recommended sanctions against three more men in final investigation reports sent to ethics judges. They are: former SAFA president Kirsten Nematandani; Jonathan Musavengana of Zimbabwe; and Bana Tchanile of Togo.

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IN BRIEF

Gomez signs for Wolfsburg

Wolfsburg says it has signed Germany striker Mario Gomez from Italian side Fiorentina.

The Bundesliga club gave no details of the transfer fee or the contract, but German media reported that Wolfsburg is paying around seven million euros (\$7.9 million US) for the 31-year-old's services. Wolfsburg general manager Klaus Allofs says, "he and his ambitions go perfectly with us."

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NFL

Injury-plagued Cruz remains defiant

Off-injured Victor Cruz isn't giving up on his hope to play for the New York Giants.

The 29-year-old wide receiver remained optimistic Wednesday despite being sidelined the past few days by a groin injury.

The latest injury has many wondering whether Cruz is starting another phase of getting close to playing and then having a setback. He missed all of last season with a calf injury and was limited to six games in 2014 by a knee injury

sustained against the Philadelphia Eagles.

Cruz was defiant when asked what he had to say to those who feel his career is over after six seasons. "Tune in," he said.

While he did not practice Wednesday, Cruz ran some drills under the supervision of strength and conditioning coach Aaron Wellman.

"I felt good," Cruz said. "We ramped it up a little bit today, but I feel great."

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RECIPE Salmon Dinner Salad



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This healthy, yet hearty salad is a meat-and-potatoes dinner, summer style.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise

Directions

1. Boil potatoes until tender. Drain

and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

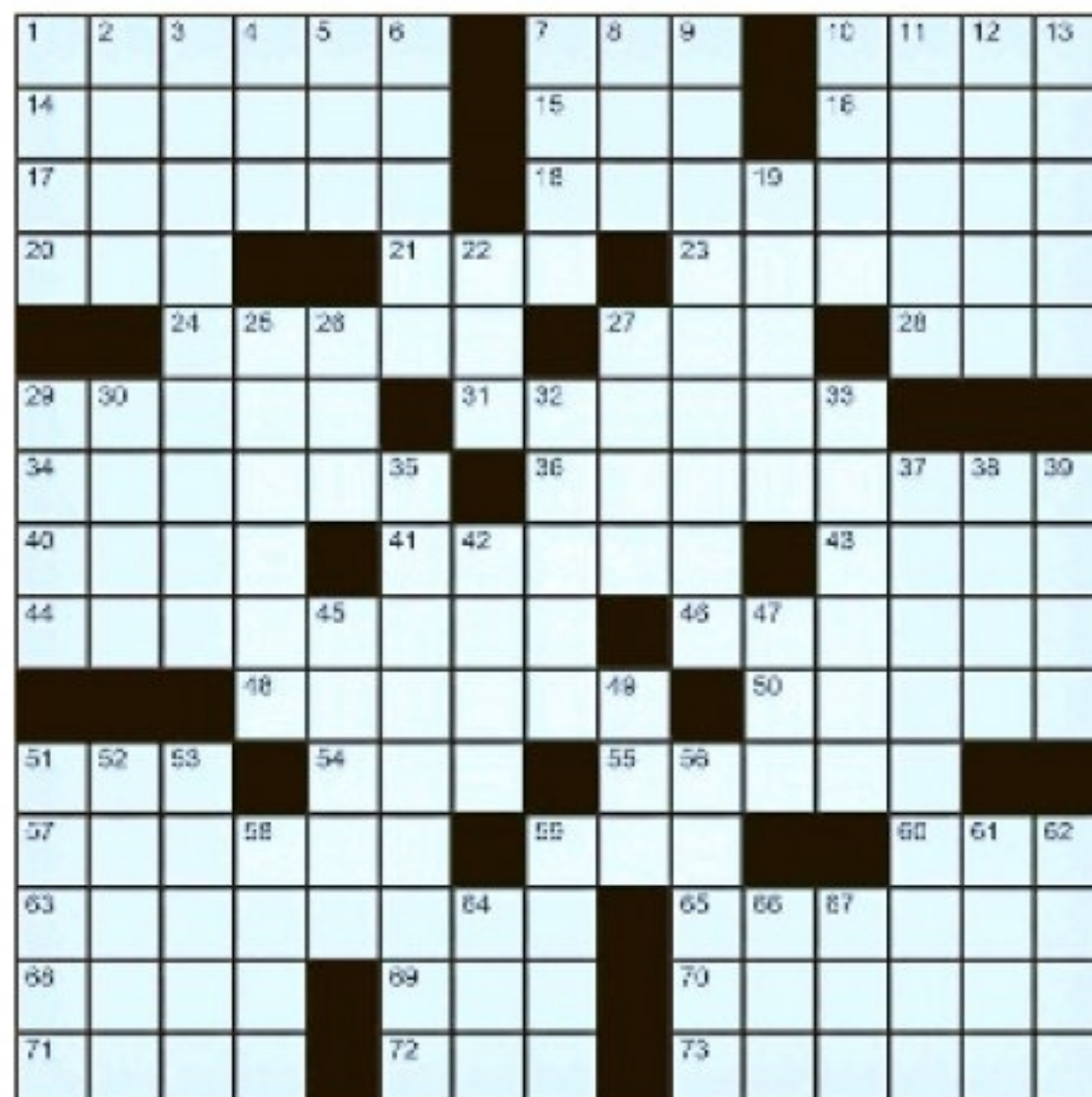
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: The Olympic Motto, 'Citius, __, Fortius'
7. RIO 2016: Belgrade's locale, IOC-style
10. Treaty
14. William Randolph __ (Newspaper magnate)
15. Ms. Carrere
16. Hillside dug-out shelter
17. "Thanks __ much!"
18. RIO 2016: Endurance event
20. 'Peace' suffix (Pacifist)
21. Groove
23. 'The Minister of Everything': Canadian politician/businessman, __ __
24. Soil crawlers
27. Theological sch.
28. L'l streets
29. "Canadian Girls" by Dean __
31. "The Blue __" (1946) starring Veronica Lake
34. Direct, as per ancestry
36. RIO 2016: Soccer's Olympic synonym
40. Brit. word/reference works
41. British car, __ Martin
43. Herman Melville story
44. Canadian chocolate-covered raisins brand
46. Yukon neighbour
48. Hive house
50. "Our Father which



- __ heaven...
51. Baton Rouge sch.
54. Opposite of Jnr.
55. Alphabetic quintet
57. RIO 2016: One of the Olympic rings
59. Luxe lieu
60. Campers, com-

- monly
63. RIO 2016: Closing __ (Sunday, August 21st)
65. RIO 2016: Shuttlecock, as in Badminton
68. RIO 2016: Equestrian's strap
69. Hi __ graphics

70. Esoteric
71. Gremlins, Pacers, et al. as per cars
72. Point
73. Juicing gadget

DOWN

1. "Two owls and __ / Four larks and..." - Edward Lear

2. __ Strauss & Co.
3. RIO 2016: Olympic sport
4. Not standard, briefly
5. __ Enterprise
6. Rainy event
7. Income tax __
8. Narrow inlet
9. RIO 2016: 1992 Summer Olympics site

10. RIO 2016: Route, as per Cycling
11. Don't like at all
12. RIO 2016: Bunch of spectators
13. Prongs
19. Acknowledge
22. Amer. currency
25. Saskatchewan village
26. Rug kind
27. "Begone bug!"
29. Online journal
30. Canadian rebel Louis
32. Following
33. RIO 2016: On the Sailing boat
35. RIO 2016: #1-Across' answer, or the other parts in the motto: 2 wds.
37. RIO 2016: 1928 Summer Olympics host city
38. Tricky Norse deity
39. __ shark
42. Celestial body
45. Salts sort
47. Lake: French
49. Pitchy dog bark
51. RIO 2016: Sports-wear fabric
52. "Now you __, now you don't!"
53. Saint-__ (Municipality in Quebec's Gaspé Peninsula)
56. Elephant in literature
58. Contact __
59. Way [abbr.]
61. Grapes grasper
62. Oracle
64. New
66. Wrath
67. TV-making co.

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Continue to look for ways to improve your job or to get a better job. Lucky Jupiter, Mercury and Venus all are waiting to help!

Taurus April 21 - May 21
Grab every chance to take a vacation, because three planets are urging you to have fun. Sports events, playful activities with children and romance also are blessed.

Gemini May 22 - June 21
You continue to benefit from anything related to home and family, including real estate. This is a good time for home repairs and redecorating projects.

Cancer June 22 - July 23
Life is fast-paced now because of short trips, increased reading and writing, plus busy errands and conversations with everyone. Just go with the flow!

Leo July 24 - Aug. 23
Continue to look for ways to boost your income, because you can do this now. Mercury, Venus and lucky moneybags Jupiter all are in your House of Earnings!

Virgo Aug. 24 - Sept. 23
This continues to be a favourable time for you. Please take note: This is a great week for Virgos to buy wardrobe items.

Libra Sept. 24 - Oct. 23
Although you are working behind the scenes and playing it low-key, your communication with others nevertheless is direct and highly charged! (No one sees you coming.)

Scorpio Oct. 24 - Nov. 22
People in power — bosses, parents, teachers and VIPs — admire you now. This advantage will stay with you for another week, so make the most of it! Go after what you want!

Sagittarius Nov. 23 - Dec. 21
Grab every opportunity to travel and expand your horizons, because this is what you need to do now. Fortunately, with Mars in your sign, you won't hesitate to go after what you want!

Capricorn Dec. 22 - Jan. 20
Study, interactions with other countries and cultures, plus opportunities to travel intrigue you now. Settle loose ends with shared property so that you are free to fly!

Aquarius Jan. 21 - Feb. 19
You need more rest right now. (Respect your need for more sleep.) This will help you in issues where you might be in competition with someone else.

Pisces Feb. 20 - March 20
It's easy to get better organized now, because people are supportive. They want to help you. Relations with partners are wonderful. Lucky you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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